A YEAR OF DAILY JOY

A Guided Journal to Creating Happiness Every Day

Jennifer Louden

$16.95 U.S. / $19.95 CAN

A YEAR OF DAILY JOY

FIND YOUR PATH TO GREATER JOY with this beautiful guided journal, filled with wisdom and inspiration for every day of the year. Written by well-being expert Jennifer Louden, each page is an invitation to pause, reflect, and enrich your heart and mind with stunning photographs, uplifting quotations, and fulfilling exercises designed to fit seamlessly into your life.

Organized around monthly themes like love, courage, and adventure, *A Year of Daily Joy* will help you find the encouragement and insight you need to flourish—whether it's pursuing a passion, celebrating a recent accomplishment, silencing your inner critic, or taking time to focus on what matters most. With space to write and reflect on the blessings in your life, this practical, inspiring guide will help you create a personal pathway to inner—and outer—joy.

Angela M. Carr

A YEAR OF DAILY JOY

Digitized by the Internet Archive
in 2022 with funding from
Kahle/Austin Foundation

https://archive.org/details/yearofdailyjoygu0000loud

A YEAR OF DAILY JOY

A Guided Journal to Creating Happiness Every Day

Jennifer Louden

NATIONAL GEOGRAPHIC

WASHINGTON, D.C.

Published by the National Geographic Society

Text copyright © 2014 Jennifer Louden
Compilation copyright © 2014 National Geographic Society

All rights reserved. Reproduction of the whole or any part of the contents without written permission from the publisher is prohibited.

ISBN: 978-1-4262-1449-3

The National Geographic Society is one of the world's largest nonprofit scientific and educational organizations. Its mission is to inspire people to care about the planet. Founded in 1888, the Society is member supported and offers a community for members to get closer to explorers, connect with other members, and help make a difference. The Society reaches more than 450 million people worldwide each month through *National Geographic* and other magazines; National Geographic Channel; television documentaries; music; radio; films; books; DVDs; maps; exhibitions; live events; school publishing programs; interactive media; and merchandise. National Geographic has funded more than 10,000 scientific research, conservation, and exploration projects and supports an education program promoting geographic literacy. For more information, visit www.nationalgeographic.com.

National Geographic Society
1145 17th Street N.W.
Washington, D.C. 20036-4688 U.S.A.

For information about special discounts for bulk purchases, please contact National Geographic Books Special Sales: ngspecsales@ngs.org

For rights or permissions inquiries, please contact National Geographic Books Subsidiary Rights: ngbookrights@ngs.org

Interior design by Katie Olsen/Melissa Farris

Printed in Hong Kong
14/THK/1

CONTENTS

Introduction 6

JANUARY *Renewal* 10

FEBRUARY *Love* 32

MARCH *Authenticity* 52

APRIL *Growth* 72

MAY *Courage* 92

JUNE *Perspective* 112

JULY *Adventure* 132

AUGUST *Freedom* 152

SEPTEMBER *Purpose* 172

OCTOBER *Fulfillment* 192

NOVEMBER *Wisdom* 212

DECEMBER *Faith* 232

Acknowledgments 254

Illustrations Credits 254

INTRODUCTION

DAILY JOY—LOVELY WORDS, especially when paired together. We all want to experience happiness every day. It's top of mind for women everywhere and the subject of countless books, movies, and late-night conversations. But, as with the search for the proverbial pot of gold at the end of the rainbow, the pursuit of happiness is often frustrating. We wonder: If we want joy so much, why aren't we feeling it? Because we aren't in on the secret: Daily joy requires daily effort.

Effort? That sounds so counterintuitive. Shouldn't joy be effortless, as it was in childhood? As it turns out, it *can* be effortless—but not *reliably*. That's because our brains are wired to look for what's wrong. This inclination, known as the negativity bias, kept our ancestors alive by alerting them to predators, weather changes, poisonous plants, and other dangers. Our negativity bias helped us evolve. But it's also what makes it difficult to notice and enjoy what's good in life. Just think of the last compliment you got . . . and then think about the last criticism. Which came to mind more easily—and more intensely?

But don't despair. You aren't doomed to be unhappy, because you can change your brain. The journal you hold in your hands will help you do just that; a few moments reflecting and writing in these pages will help rewire your brain to notice and savor what's good. And when you take action on the suggestions sprinkled throughout each chapter? A happiness bonanza!

Before you rev into high-achiever mode ("I'll read the entire journal tonight and be blissful by breakfast"), know that *regular practice in small doses* is the key to affecting your general happiness. Since your brain adapts quickly to what's new, elation fades; that's why a move to Hawaii, while initially thrilling, inevitably fades into errands, housekeeping chores, and other routine responsibilities.

The goal of this journal is to dole out pint-size doses of joy and happiness reminders so that your daily efforts bring you the greatest benefit. Each photograph has been carefully selected to nourish your need for beauty and inspiration, which have also been shown to increase happiness. Each exercise has been specifically created to boost your mood and help you thrive.

You may be thinking, "Regular practice? But it's so hard for me to stick to doing anything." Or perhaps you're concerned that joy will become another "should" on your to-do list. You don't want this journal to be something you feel you *have to* do, but you do want to read and write in it regularly. So here are a few tricks to engage in this practice with ease:

- Move the journal every few days—from your bedside to your desk to the kitchen table. Keep it in your closet or even inside the fridge. Studies show that an effective way of adopting a new habit is to create surprising and constantly changing reminders. Seeing this book in new places will achieve just that.

- Keep your favorite pen and a pair of reading glasses, if needed, with your journal. If you have to go searching for a pen, you may suddenly find yourself washing the dishes or checking email instead of spending a few minutes increasing your joy.

- Ask a friend or two to join you in your quest for joy. Then email or text her to celebrate every time you use this journal, even if you feel silly. Celebration helps a new habit stick.

- Embrace "begin again" as your motto. Everybody falters when adopting a new habit, even one as fulfilling as increasing your daily joy. Instead of giving up when you find your journal buried under old magazines and bills, dust it off and begin again. Forget guilt; choose growth.

- Choose your way. Sure, there's an entry for each day, but so what? You decide how you will use this journal and how often. Maybe you'll choose to use it on the weekends only, or on your morning off, or after exercise class three times a week. Choice moves this practice from a "should"—which means you'll probably rebel against it—into something you do because you want to. And that makes all the difference.

- Personalize the book. Glue pictures of joyful moments on the date they happen or capture something you want to remember in a few words, like the look of pleasure on your co-worker's face when you paid for lunch. Joy is about paying attention.

In the end, this book is a celebration of the precious life you are creating and living every single day. Treat your time with it as time with your heart and soul, and make it absolutely and deliciously yours. You cannot fail at this—it's your daily joy, your way. Enjoy!

JANUARY

January 1

RENEWAL TIP
Declare Your Basic Needs

Your basic needs—eight hours of sleep, time in nature, reading for fun—are easy to discount, especially when life gets busy. But forget them, and your life can quickly fray. Take a moment now to name what you need—daily, weekly, monthly—to feel like yourself. What fills you up enough to handle what life brings?

JANUARY 2–3

No one saves us from ourselves but ourselves.
No one can and no one may.
We ourselves must walk the path.

~ BUDDHA

January 4–5

Just where you are—that's the place to start.

~ Pema Chodrón

January 6

Think About
True Renewal

Jot down ten activities that renew you—not *should* renew you but truly *do*.

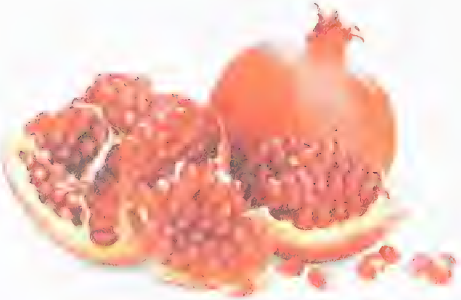
Hint: *Start by naming what you wish you had more time to enjoy.*

January 7

TRY THIS

Wake Up Right

How you begin your day can set the tone for everything that follows. But often, we awaken with a sense of urgency: so much to do, so much we wish were already done. Think about the most delicious way to start your day and paint a realistic yet nurturing scenario below. Tomorrow, enact just *one* element of your desired morning. Starting small and building is how change happens.



January 8–9

Look within. Within is the fountain of good,
and it will ever bubble up,
if thou wilt ever dig.

~ Marcus Aurelius

January 10–11

Joy is what happens to us
when we allow ourselves to recognize
how good things really are.

~ Marianne Williamson

January 12

Renewal Tip
Court Yourself

We are so good at taking care of others—spending countless hours to help our partners, friends, children, and even our pets feel beloved and supported. Imagine caring for yourself with the same level of attention that you show others. What would you give yourself? Think, "How can I show myself how much I value me?" Shower yourself with kindness.

JANUARY 13

THINK ABOUT
Rising Above

Self-nurturing also includes what you *don't do*: for example, avoiding cruel self-criticism, overextending yourself, or agreeing to something you really don't want to do. What negativity will you eliminate this month?

January 14–15

Without forgiveness, there is no future.

~ Desmond Tutu

January 16–17

Put your ear down close to your soul
and listen hard.

~ Anne Sexton

January 18

RENEWAL TIP

Choose This, Not That

It's the rare day that goes exactly as planned, the rare week when something doesn't go awry. Yet we often act as though disappointments and interruptions are the exception in life, rather than the rule, making it difficult to bounce back. Instead, plan ahead using a "this, not that" approach:

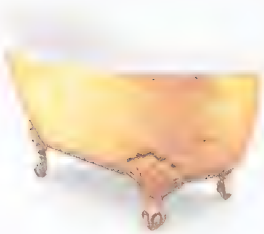
When X happens (deadline moved up), I will do Y (walk around the block listening to one uplifting song) instead of Z (call co-worker to gossip). Sketch out three "this, not that" scenarios now.

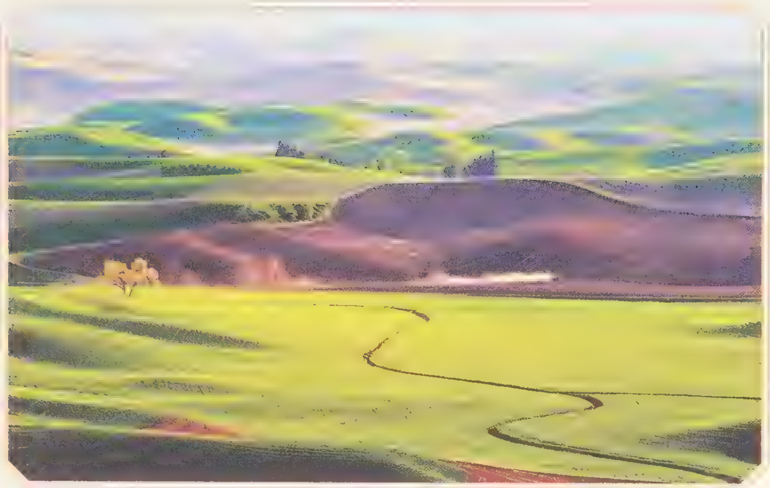
January 19

TRY THIS

Say Yes to You

Most people have less-than-helpful beliefs about why taking care of themselves isn't possible. Common refrains include "It's selfish," "I have to work hard to stay competitive," "I don't need it," and so on. Name your beliefs below by completing this sentence: I find it difficult to care for myself because ________________. Doing so will help you drop this negative reasoning and give yourself the nurturing you deserve.





January 20–21

At some point in life the world's beauty becomes enough. You don't need to photograph, paint, or even remember it. It is enough.

~ Toni Morrison

January 22–23

Dance, when you're broken open.
Dance, if you've torn the bandage off.
Dance in the middle of the fighting.
Dance in your blood.
Dance when you're perfectly free.

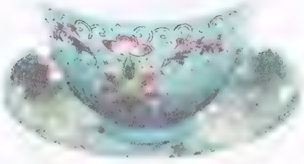
~ Rumi

JANUARY 24

THINK ABOUT

Your Body's Wisdom

Your body is wise and knows what it needs to renew. Today, ask yourself, "What do you need to feel refreshed? What part of you could use some attention?" Let your body answer directly. You may find yourself stretching, sighing, rolling out your yoga mat, or scheduling a massage. Act on what your body wants—and needs.



JANUARY 25–26

Look inside. That way lies dancing
to the melodies spun by your own heart.
This is a symphony. All the rest are jingles.

~ Anna Quindlen

January 27–28

Above all, watch with glittering eyes the whole world
around you because the greatest secrets
are always hidden in the most unlikely places.
Those who don't believe in magic will never find it.

~ Roald Dahl

JANUARY 29–30

Every great dream begins with a dreamer.
Always remember, you have within you the strength,
the patience, and the passion to reach
for the stars to change the world.

—HARRIET TUBMAN

January 31

TRY THIS

Invite Rest

Renewal helps you dream big *and* take action. But first, you may need to rest. How can you invite more ease and relaxation into your life today?

HINT: *Look for "shoulds" and "have tos." Ask yourself, "Do I really have to complete this task today? Why?" Open up space to make your well-being a top priority.*

FEBRUARY

Love

February 1

LOVE TIP

Open Your Heart

To love is to have an open heart. To cultivate openness, try this: Invite your face to soften, your shoulders to descend, your hands to open. Silently repeat this mantra inspired by Zen Buddhist monk and teacher Thich Nhat Hanh, putting your attention on your heart:

Inhaling I smile

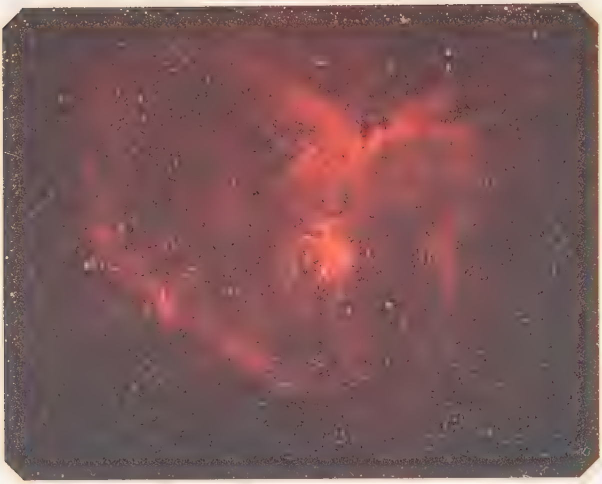
Exhaling, my heart gently opens

Reflect on a person with whom you would like to cultivate more openness. The next time you find yourself with that person, repeat this exercise; nobody needs to know what you're doing. You might find the effects miraculous.

FEBRUARY 2–3

You yourself, as much as anybody in the entire universe, deserve your love and affection.

~ BUDDHA



FEBRUARY 4–5

It is only with the heart that one can see rightly;
what is essential is invisible to the eye.

ANTOINE DE SAINT-EXUPERY

February 6

TRY THIS

Think With Your Heart

Your heart has a "brain" of about 40,000 neurons that sense, feel, learn, and remember. The best way to tune your heart brain to reduce stress and improve your resiliency, clarity, and empathy is to recall a time when you felt good and reexperience that emotion, savoring it.

Of course, when you're stressed, it can be hard to remember the good times. Prep your heart brain by recalling ten feel-good moments—not necessarily big events, but ones that make you peaceful, relaxed, or happy. The next time you're feeling tense, relive one in full sensory detail.

February 7–8

To lose balance, sometimes, for love,
is part of living a balanced life.

~ Elizabeth Gilbert

February 9–10

We love because it's the only true adventure

~ Nikki Giovanni

February 11–12

Forgiveness is the final form of love.

~ Reinhold Niebuhr

February 13

THINK ABOUT . . .

Strengthening Forgiveness

Hanging on to old hurts and grievances makes it harder to love. Forgiving doesn't mean forgetting or becoming a doormat. It means declaring, "I will no longer poison myself by rehashing the past—and I trust myself to take care of myself in the future."

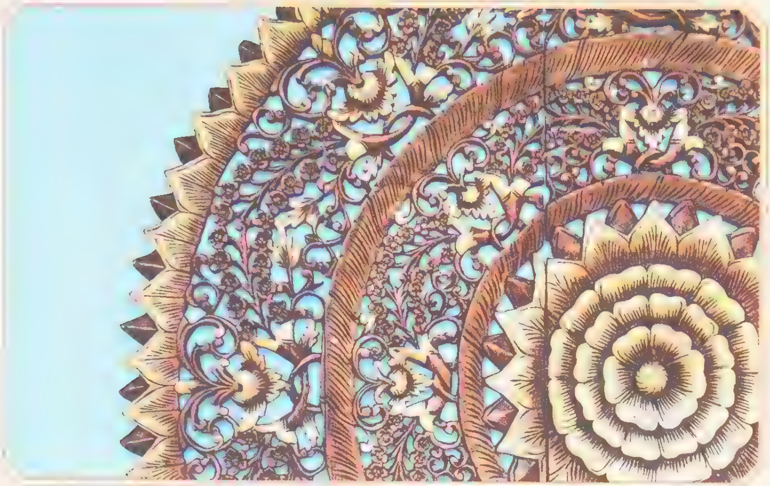
What retreads of past hurts—things done to you and done *by* you—are you ready to stop rewinding? List them now.

February 14

LOVE TIP

Put Love Into Action

Everyone knows what it's like to lash out in anger at someone he or she loves. It's devastating. The next time you're hot with anger, hit your inner pause button. Think about someone you admire—a mentor, a loving parent, a dear friend. How would he or she respond? Imagine yourself doing the same. Try this now, priming yourself for the next time you're in danger of losing your temper or being judgmental.



February 15–16

Let the beauty of what you love be what you do.

~ Rumi

February 17–18

Each friend represents a world in us,
a world possibly not born until they arrive,
And it is only by this meeting
that a new world is born.

Anaïs Nin

February 19

TRY THIS

Follow Your Love Code

Love flourishes through generosity. But we often find it easier to be more giving with our friends than with our family, partners, and children, who can push our buttons in a different way.

What "love code" have you learned from your friendships that you'd like to apply in your family relationships? Perhaps it's to listen without interrupting, to forgo blame, to compliment lavishly, or to play together. How will you allow your friendship wisdom to play out with the rest of your loved ones?

February 20

THINK ABOUT . . .

Your Love Biography

You've been loved in so many ways in your life: by teachers, mentors, pets, friends, family—even strangers! Our culture focuses strongly on romance, which, amazing though it is, encompasses only one narrow aspect of love. Pen your love biography and grow your affection by listing a few of the ways you've been loved and by whom. You may find yourself reaching for extra pages because this feels so good!

February 21–22

Life without love is like a tree
without blossom or fruit.

~ Kahlil Gibran

February 23–24

The one thing we can never get enough of is love.
And the one thing we never give enough of is love.

Henry Miller

February 25–26

A very small degree of hope is sufficient to cause the birth of love.

~ Stendhal

February 27

LOVE TIP

Express Love Every Chance You Get

Whether it's going back in the house—even when you're late—to kiss your special someone goodbye, writing a quick "I love you because . . ." email, telling your friend why you appreciate her, or complimenting a stranger in the grocery store, why not make a vow to show the world more love going forward? Where might you begin?

FEBRUARY 28–29

Love is like quicksilver in the hand.
Leave the fingers open and it stays.
Clutch it, and it darts away.

- DOROTHY PARKER

MARCH

Authenticity

MARCH 1

AUTHENTICITY TIP

Decide You Are Enough

You yearn to be valued for who you are, not for what you do. Yet it can be terrifying to show your true self. *Will you be enough?* Accept that the only person who can answer that question is *you*. Throughout the day, ask yourself, "Am I giving enough by *my* standards?" If the answer is no, try to determine what is interfering with your sense of satisfaction. Is it perfectionism, people pleasing, or spreading yourself too thin? Become intimate with what fulfills *you*.

March 2–3

Be thine own palace, or the world's thy jail.

~ John Donne

March 4–5

Happiness is when what you think, what you say, and what you do are in harmony.

~ Mahatma Gandhi

March 6–7

What is passion?
It is surely the becoming of a person.

~ John Boorman

March 8

TRY THIS

Turn Your Inner Critic Into an Ally

We sometimes run the risk of drifting into inauthenticity because we believe the voice in our head that says we aren't doing something right, we don't fit in, we're not smart enough, and so on. Quiet your inner critic and empower yourself by writing down your harshest personal criticisms. Then address each statement out loud (hearing yourself is important), one by one. You might tell your inner critic: "Thank you for sharing. What you say may or may not be true, but it's certainly not helpful. I won't listen to you until you can speak constructively and kindly to me." You'll find that this exercise will liberate you and help you flourish.

MARCH 9–10

How many cares one loses when one decides
not to be something, but to be someone.

COCO CHANEL

March 11–12

If you have nothing at all to create,
then perhaps you create yourself.

- Carl Jung

March 13–14

Just trust yourself, and then
you will know how to live.

Johann Wolfgang von Goethe

March 15

THINK ABOUT . . .

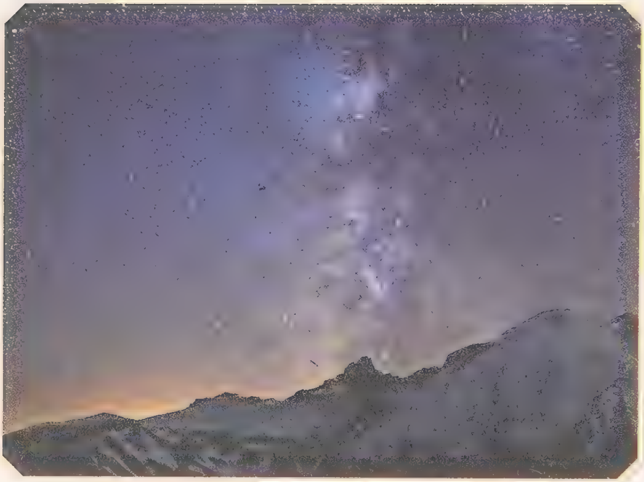
The Patterns of Your Authentic Self

Reflect on the moments you feel most authentic—most alive and most at home in yourself. Read over your list and look for any patterns: people, places, or activities that support your being true to you. Give yourself more of those experiences—starting now!

March 16–17

It's our choices that show what we truly are,
far more than our abilities.

~ J. K. Rowling



March 18–19

Everything in the universe is within you.
Ask all from yourself.

~ Rumi

March 20–21

The shoe that fits one person pinches another;
there is no recipe for living that suits all cases.

~ Carl Jung

March 22

AUTHENTICITY TIP

Relax Toward Authenticity

To get in tune with yourself, it helps to relax your body. Try this: Take a full breath and tense up your whole body—face, jaw, hands, and even feet. Tense up even tighter, holding your breath. Now let go with a long *Ahhhh.*

Give yourself an ear or hand rub while singing your own praises, perhaps completing the sentence: "I'm proud of you for ______________." Quick body breaks like these lower your stress hormones, improve your concentration, and promote self-compassion.

March 23–24

The privilege of a lifetime is being who you are.

~ Joseph Campbell

March 25–26

To be nobody but yourself—in a world which is doing its best, night and day, to make you everybody else—means to fight the hardest battle which any human being can fight. Never stop fighting.

~ E. E. CUMMINGS

March 27–28

We make a living by what we get.
We make a life by what we give.

~ Winston Churchill

March 29

TRY THIS

Relish the Rewards of Being Genuine

Look back at March 15, when you recalled specific moments of being authentically yourself. Today, reflect on the benefits that came from those moments. How did you feel? Did you grow closer to someone? Feel more peaceful or creative? Stand up for something that matters to you? Describe the gifts you have already received by simply being your unencumbered self. Embrace that goodness and be on the lookout for it in your future.

MARCH 30–31

When you do things from your soul,
you feel a river moving in you, a joy.

~ RUMI

APRIL

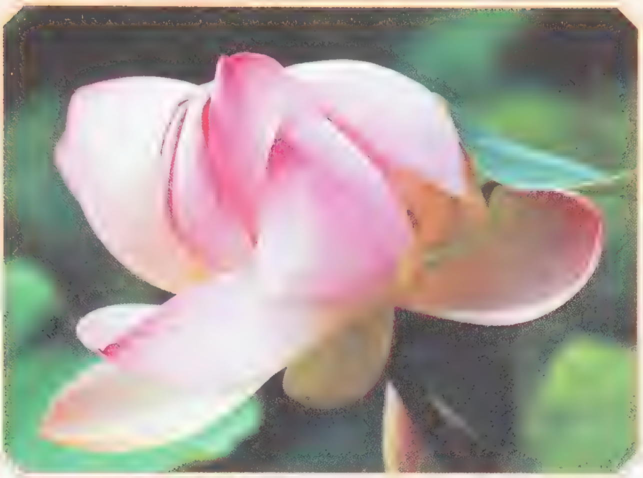
Growth

April 1

GROWTH TIP

Choose Growth, Not Self-Improvement

Self-improvement is often based on the belief that something in you needs fixing; if only you could change your ______ (eating habits, bank balance), then you'd finally be ______ (happy, lovable). Growth, on the other hand, is rooted in knowing that you are, at your core, good. This core goodness is unchangeable. It cannot be sullied or improved on, and it serves as a springboard for seeking new freedoms and enjoyment. Can you feel the difference?



April 2–3

Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it.

~ Anais Nin

April 4–5

It is quite true what philosophy says:
that life must be understood backwards.
But then one forgets the other principle:
it must be lived forwards.

~ Søren Kierkegaard

April 6–7

Arrange whatever pieces come your way

~ Virginia Woolf

April 8

TRY THIS

Embrace the Spiral of Growth

Growth happens in a spiral. We revisit the same issues and patterns from a *slightly* different perspective with *slightly* wiser insights. We often think we should grow in a linear, upward trajectory—but that's just not how being human works. Appreciate the incremental changes you are making by writing about one or two recent turns on your spiral. What familiar sticking points did you encounter? How did you deal with them in a *slightly* more skillful way? How does this motivate you to proceed?

APRIL 9–10

All changes, even the most longed for,
have their melancholy, for what we leave behind us
is a part of ourselves; we must die to one life
before we can enter another.

— Anatole France

April 11–12

When we were children, we used to think that when we were grown-up, we would no longer be vulnerable. But to grow up is to accept vulnerability . . . to be alive is to be vulnerable.

~ Madeleine L'Engle

April 13–14

It is impossible to live without failing at something—
unless you live so cautiously that you might as well
not have lived at all, in which case
you have failed by default.

J. K. Rowling

APRIL 15

THINK ABOUT . . .

Your Sweetest Disappointments

What are your most fruitful failures, the mistakes that delivered a surprising harvest? List the failure and the fruit. Of course, you would have liked the fruit to ripen in some easier way—we all do! Let the fruit give you the courage to face future failures: the essence of growth.

April 16–17

Experience teaches only the teachable.

~ Aldous Huxley

April 18–19

A jug fills drop by drop.

~ Buddha

April 20

GROWTH TIP

Ask Bottomless Questions

Answers are helpful when it comes to getting directions and doing your taxes, but they're highly overrated when it comes to personal growth. When you get an answer, you often stop being curious and forgo new ideas and solutions. Instead, try asking bottomless questions—the kind that tantalize and stretch you. For example, "How can I love more?" or "What do I want to create today?" This sort of reflection brings something more precious than a right answer: It inspires growth.

April 21–22

Growth itself contains the germ of happiness.

~ Pearl S. Buck

April 23–24

Live out your imagination, not your history.

~ Arthur Bryan

April 25–26

Action may not always bring happiness,
but there is no happiness without action.

~ Benjamin Disraeli

April 27

TRY THIS

Know Your Motives

We stick with the hard work that growth requires when we are motivated by something we desire: an end goal that we keep front and center. Why have you chosen to invest your money and time in personal growth? What led you to participate in this journal?

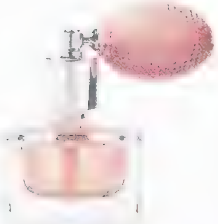
Whatever your answers, they are perfect if they truly matter to you. Ignore what you think *should* motivate you to grow ("self-fixing," for example) and focus on what keeps you inspired to be a more joyous and genuine you. Flag this page and remind yourself often.

April 28

GROWTH TIP

Respect Yourself

Who is with you every moment of your life? Who gently (and sometimes insistently) guides you toward what is best for you? Who allows you to experience everything that life has to offer? You've guessed by now: your body. Yet how often do you ignore, override, dismiss, or belittle your irreplaceable physique? Tune into your body's signals: the funny feeling in your stomach, the chill running up your arm. Respond to each need and see what growth—and ease—results.



April 29–30

In the long run, we shape our lives,
and we shape ourselves. The process never ends
until we die. And the choices we make
are ultimately our responsibility.

~ Eleanor Roosevelt

MAY
Courage

May 1

COURAGE TIP
Ordinary Daring

It's tempting to frame bravery as something extraordinary that you do in a crisis, when it's actually a quality you use every day. Each time you dare to express an idea, honor a desire, or love someone freely and without expectation, you are courageous. Today, notice your ordinary moments of daring. Congratulate yourself for each one. Bonus: Enlist a friend or a family member to celebrate with you.

MAY 2–3

The courage of life is often a less dramatic spectacle
than the courage of the final moment;
but it is no less a magnificent mixture
of triumph and tragedy.

~ JOHN F. KENNEDY

May 4–5

All you need is confidence in yourself.
There is no living thing that is not afraid
when it faces danger. The true courage is
in facing danger when you are afraid,
and that kind of courage you have in plenty.

~ L. Frank Baum

MAY 6–7

Everyone has a talent.
What's rare is to follow it
to the dark places where it leads.

- ERICA JONG

May 8

TRY THIS

Develop Your Capacity for Courage

Where in your life do you long for more courage? Making decisions? Expressing yourself creatively? Challenging yourself physically? Close your eyes. Imagine yourself acting bravely in that exact situation. What would you do? How would it feel? Be sure to see yourself *in action*—for example, speaking your mind with confidence and clarity. Research shows that using your imagination is highly effective in motivating your future behavior.

MAY 9–10

Fortune favors the bold.

VIRGIL

May 11–12

It takes a great deal of bravery
to stand up to our enemies,
but just as much to stand up to our friends.

– J. K. Rowling

May 13–14

I'm not afraid of storms,
for I'm learning how to sail my ship.

~ Louisa May Alcott

MAY 15

THINK ABOUT . . .

Where to Find Motivation

Courage is as contagious as fear. What books, films, stories, and people inspire you to act bravely? They may be examples from history or literature, or you may even make up a personal superhero who possesses exactly the qualities you admire. Inspire yourself to be more courageous by listing—or creating—your most prized role models.

May 16–17

Courage is being scared to death—
and saddling up anyway.

~ John Wayne

May 18–19

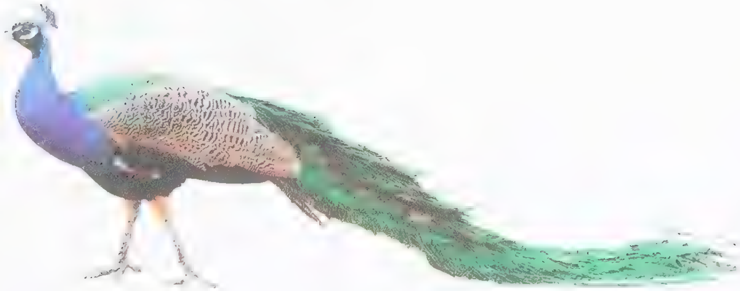
Let me not pray to be sheltered from dangers
but to be fearless in facing them.

Rabindranath Tagore

May 20–21

The most courageous act is to think for yourself.
Aloud.

~ Coco Chanel



May 22

COURAGE TIP
Befriend Fearlessness

We are all afraid. Courage is not the absence of fear; it's skillfully coping with fear without letting it control you. Consider those around you: What is your friend afraid of? Your neighbor? Recognize that you are not alone in feeling afraid from time to time.

When fear does show up—whether it's signaled by a twitch in your stomach, a sudden sugar craving, or a sleepy confusion—greet it like a friend. Exhale slowly to calm your nervous system and then give your fear a chance to be heard—because once you've heard it, it often settles. After listening, thank your fear and reaffirm that you—and not your fear—will decide what's best.

May 23–24

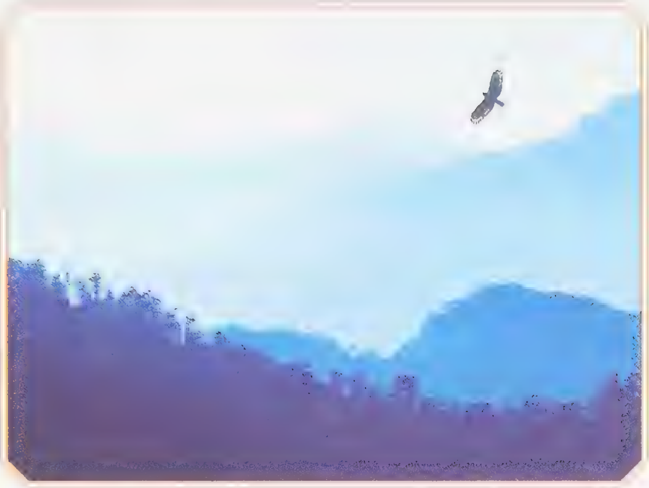
Life shrinks or expands in proportion
to one's courage.

~ Anais Nin

MAY 25–26

The weak can never forgive.
Forgiveness is the attribute of the strong.

MAHATMA GANDHI



May 27–28

True bravery is shown by performing without witness what one might be capable of doing before all the world.

~ François de La Rochefoucauld

MAY 29

TRY THIS

Tell Your Courage Story

Imagine sitting with a circle of trusted friends. The conversation turns to the bravest thing you've ever done. One person talks about taking care of her dying dad, another about adopting her daughter, another about starting over again after a divorce. Now it's your turn: Write the first story of courage that comes to mind. Don't overthink, just record.

MAY 30–31

When in doubt, tell the truth.

MARK TWAIN

JUNE

Perspective

June 1

PERSPECTIVE TIP

Question Your Assumptions

Rashomon, a famous Japanese film, portrays a single event from four characters' perspectives. In each version, the event depicted changes drastically. You begin to wonder: What *is* the truth? What really happened?

The same is true of your life: What you assume is the truth is almost entirely your interpretation of events. Our brains are constructed to make up stories. Gain precious perspective by questioning your assumptions—especially when you're adamant, angry, or beating yourself up. Get curious: What are the facts? What could you prove to someone else? This is trickier—and more rewarding—than it sounds.

June 2–3

There are no facts, only interpretations.

~ Friedrich Nietzsche

June 4–5

Since we cannot change reality,
let us change the eyes which see reality.

~ Nikos Kazantzakis

June 6–7

We already have everything we need.

~ Pema Chödrön

June 8

THINK ABOUT . . .
What Really Matters

How often have you looked back
at an event or decision and wondered,
"What was I so worked up about?"
Apply that soothing perspective of distance
to your current concerns. List each worry
of the moment and then ask yourself,
"What will matter in 10 years? In 20?
At the end of my life?" Then, next to each
listing, record what you discover
through your new outlook.

June 9–10

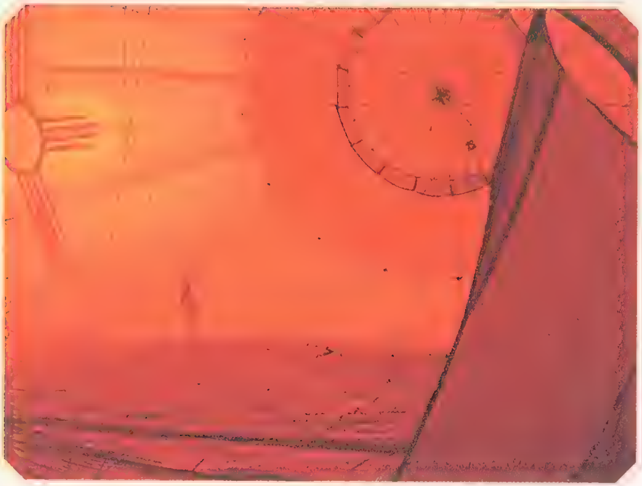
Look at everything as though you were seeing it
for either the first or the last time.
Then your time on earth will be filled with glory.

~ Betty Smith

June 11–12

I never lose sight of the fact that just being is fun.

~ Katharine Hepburn



June 13–14

One's destination is never a place,
but rather a new way of looking at things.

Henry Miller

June 15

TRY THIS

Humor Yourself

There's no doubt about it: Laughter—especially at yourself—can rouse you out of a rut. Describe the funniest moments in your recent history. (And if you find yourself coming up blank, it might help to query friends and family. Recalling those silly times together will be a hoot in itself!) Next time you're feeling stuck, revisit this list for a restorative chuckle.

June 16–17

The years teach much which the days never know.

~ Ralph Waldo Emerson

June 18–19

How we spend our days is, of course,
how we spend our lives.

~ Annie Dillard

June 20–21

It does not do to dwell on dreams and forget to live.

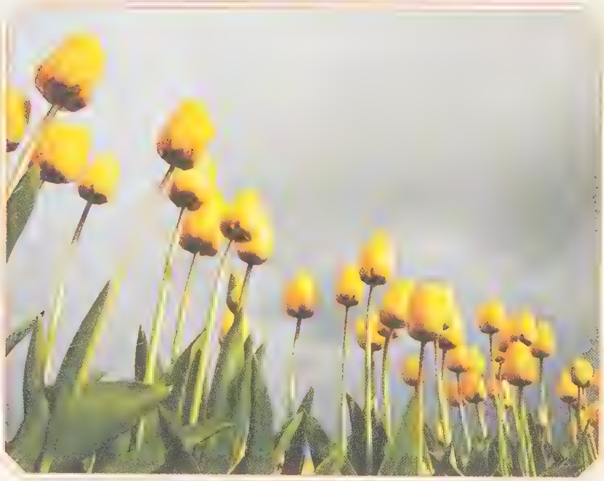
~ J. K. Rowling

June 22

PERSPECTIVE TIP

Send Joy

We've all had the experience of worrying about someone and feeling powerless. Try this: As you inhale, concentrate on what you want for your friend—perhaps that she be healthy and at peace. As you exhale, send those wishes to her. Do this a few times, relaxing and breathing deeply. You can also do this for families, communities, animals—anyone or anything that is clouding your heart with worry.



June 23–24

To make the best use of what is in your power,
take the rest as it happens.

~ Epictetus

June 25–26

If you shut the door to all errors,
truth will be shut out.

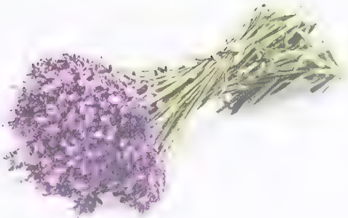
~ Rabindranath Tagore

June 27

THINK ABOUT . . .

Dependable Mood Shifters

Jot down ten ways you can reliably shift your mood: a ramble in nature, a hot bath with lavender oil, volunteering with kids, a restorative yoga class. Create a catalog of your best resets. The next time you're feeling low, turn to one of these simple tricks.



June 28

PERSPECTIVE TIP
Surprise Yourself

We thrive on novelty. In fact, we can lose motivation without a regular dose of it. What area of your life feels bogged down, dull, or ho-hum? Maybe your job or your weekend plans? Brainstorm *little* ways you can freshen up one area: taking a different route to work, trying a new exercise class at lunchtime, signing up for salsa lessons with your partner, inviting neighbors to co-create a progressive dinner party. The trick to this tip: Keep trying new things because novelty wears off--fast.

June 29–30

To see what is in front of one's nose
needs a constant struggle.

George Orwell

July

Adventure

JULY 1

ADVENTURE TIP

Nurture Your Adventure Mood

We thrive on variety, yet we also resist it—often because we are busy, tired, or afraid of change. Weeks and months can go by in a "same old, same old" rut. You crave adventure, but then another Friday night finds you watching a movie at home, eating pizza. If your mood is hindering you from exploring, give yourself an adventure pep talk: "I might not feel like it right now, but I'll be refreshed once I'm in action," or "I'll probably make mistakes if I take that cooking class, but so what?"

Stop waiting to be in the mood for adventure—act now! Then afterward, note how you feel below. That will be enough to encourage the next adventure!

July 2–3

Life was meant to be lived, and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.

Eleanor Roosevelt

JULY 4–5

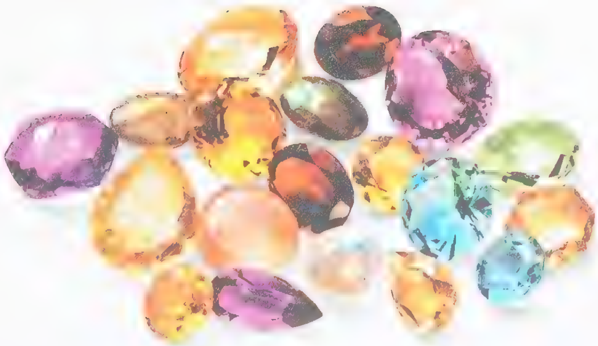
Throw your dream into space like a kite,
and you do not know what it will bring back:
a new life, a new friend, a new love,
a new country.

ANAIS NIN

July 6–7

Develop interest in life as you see it; in people, things, literature, music—the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.

~ Henry Miller

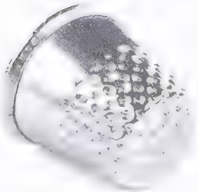


July 8

TRY THIS

Start Your Thimble List

A bucket list is about once-in-a-lifetime adventure: skydiving, hiking the Pacific Crest Trail, sailing the Greek isles. A thimble list, on the other hand, is about all the tiny thrills you want to experience *often:* surprising your friend for lunch, getting a massage, eating all the raspberries you want. Bucket lists are inspiring, but most of life is lived in the thimble list zone—and these simple pleasures can be enormously satisfying. Write your thimble list now. Share it with dear friends.



July 9–10

Life itself is the proper binge.

~ Julia Child

July 11–12

It is good to love the unknown.

~ Charles Lamb

July 13–14

What we play is life.

~ Louis Armstrong

July 15

THINK ABOUT . . .

Pushing the Edge

In 1492, common wisdom said that if you sailed past the horizon, you would fall off the edge of the Earth. What are some of your personal "1492" moments? The times you were absolutely sure you could not ________ (learn to drive, pass a difficult class, finish a half marathon, give birth). Catch a snapshot of your belief before *and* after your breakthrough. For example, "I thought there was no way I would ever drive in traffic" and "I remember changing lanes on the freeway with a grin."

JULY 16–17

Living is a form of not being sure, not knowing what next or how. … We guess. We may be wrong, but we take leap after leap in the dark.

~ Agnes de Mille

July 18–19

Life is not meant to be easy . . . but take courage,
it can be delightful.

~ George Bernard Shaw

July 20–21

Only those who risk going too far can possibly find out how far one can go.

~ T. S. Eliot

July 22

Adventure Tip

Surprise and Delight

Buy a pack of sticky notes and write yourself inspiring messages on as many as you like—for example, "You are doing good work in the world" and "You are beautiful!" Think of the words that would brighten *your* day. Now leave the notes around your town, office building, or school. (This is extra fun to do with a "partner in delight.") Stick the notes on doors, above a water fountain, inside a book. You won't know how or by whom they are received, but the joy of sharing the love will keep you glowing for days.

July 23–24

Life itself is the most wonderful fairy tale.

~ Hans Christian Andersen

July 25–26

There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything were a miracle.

~ Albert Einstein

July 27–28

Stuff your eyes with wonder, live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories.

Ray Bradbury

July 29

ADVENTURE TIP

Radically Random

Find a coin. Now go to a place you have always wanted to explore: a colorful neighborhood, a charming main street in another town, a new park. When you come to a corner, a crossroads, a choice of any kind, flip your coin. Directions for both heads and tails—go right/go left—are whatever you decide *ahead of time*. The very act of leaving choice to chance is exciting, and you are guaranteed to have an out-of-the-ordinary experience.

July 30–31

Adventure is worthwhile in itself.

~ Amelia Earhart

AUGUST

Freedom

August 1

FREEDOM TIP

Let Loose

Rocking out to your favorite dance music
is a surefire way to feel lighter and freer.
Relive your best bust-a-move moments—
dancing with your granddad at a family reunion,
twirling around your kitchen, or running
at sunset while listening to the perfect playlist.
Let the energy of your memories inspire you
to turn on a favorite tune right now
and express yourself without inhibition.
Don't put this one off!

August 2–3

Lock up your libraries if you like,
but there is no gate, no lock, no bolt,
that you can set upon the freedom of my mind.

~ Virginia Woolf

AUGUST 4–5

Life without liberty is like the body without spirit.

KAHLIL GIBRAN

August 6–7

I know but one freedom and that is the freedom of the mind.

~ Antoine de Saint-Exupéry

August 8

Think About
Leaping

What are five "leaps" you've made toward greater freedom and new horizons? It doesn't matter if the risk turned out in your favor—maybe you took the job and hated it or moved to the new country and felt homesick. What matters is paying attention to where and why you leaped in the first place. You may discover something fascinating about your pattern of risk taking that will be useful for your future.

AUGUST 9–10

Letting go gives us freedom, and freedom
is the only condition for happiness.
If, in our heart, we still cling to anything—
anger, anxiety, or possessions—we cannot be free.

~ THICH NHAT HANH

August 11–12

We do not need magic to change the world,
we carry all the power we need
inside ourselves already: we have
the power to imagine better.

J. K. Rowling

August 13–14

It is the ability to choose which makes us human.

~ Madeleine L'Engli

AUGUST 15

TRY THIS

Choose Scrumptious

We want to let go of what burdens us: stale judgments, useless worries, old stories of coulda, shoulda, woulda. But let's face it: It's not easy. Today, try a new way of letting go by choosing scrumptious. Jot down five things you would love to stop thinking about. Then, next to each one, write down a refreshing counterpoint: a soothing breath, the scarlet flash of hummingbirds at your feeder, gratitude for a long friendship. Offer your mind a pleasurable alternative and see if it's easier to abandon the baggage.

August 16–17

The real happiness of life is … to enjoy the present without any anxious dependence upon the future.

~ Lucius Annaeus Seneca

AUGUST 18–19

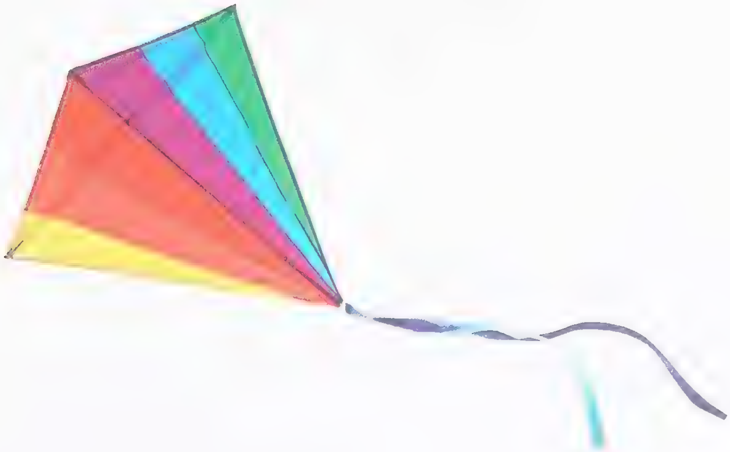
Perhaps loving something
is the only starting place there is
for making your life your own.

~ ALICE KOLLER

August 20–21

If you obey all the rules,
you miss all the fun.

~ Katharine Hepburn



AUGUST 22

THINK ABOUT

The Freedom to Say Yes . . . and No

How often do you say yes when you mean no, or no when you want to jump up and down saying yes? Honoring your preferences and boundaries is essential to shaping and directing your life. Think back on the last month or so: When did you say yes instead of no? What brought you to those choices? No blame, just use this opportunity to reflect on the possibility of choosing differently in the future.

AUGUST 23–24

I am still in the process of growing up,
but I will make no progress
if I lose any of myself along the way.

~ MADELEINE L'ENGLE

August 25–26

Those who are free of resentful thoughts
surely find peace.

~ Buddha

AUGUST 27–28

The power of imagination makes us infinite.

~ JOHN MUIR

AUGUST 29

FREEDOM TIP

Indulge Your Inner Child

Young children are the embodiment of freedom unconstrained by social mores of what's cool or correct. Where and when were you freest in your younger days that you could re-create now? Bicycling in the country, playing a Scrabble marathon, reading a fantasy novel, swimming? Recall your simple pleasures and then give yourself one today.

AUGUST 30–31

If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live.

– LIN YUTANG

SEPTEMBER

Purpose

SEPTEMBER 1

PURPOSE TIP

Acknowledge Your Accomplishments

Consider that you are already living your purpose magnificently and today is the day you celebrate. Close your eyes and see yourself surrounded by everyone who loves you: anyone who has helped you, taught you, and supported you. Breathe in their love, relish being recognized, and accept their congratulations for the successful life you are living. Jot down a few compliments to turn to when in need of inspiration.

SEPTEMBER 2–3

The purpose of life is a life of purpose.

~ ROBERT BYRNE

SEPTEMBER 4–5

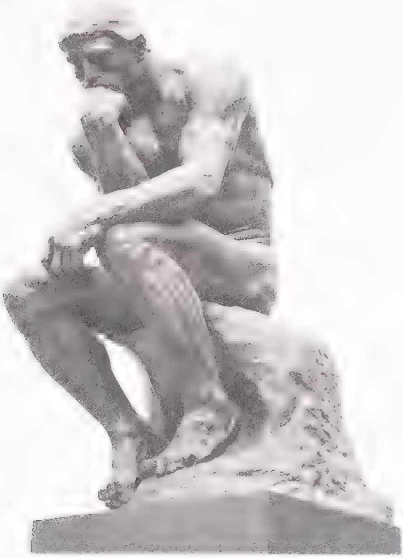
Failure is only an opportunity
to begin again more intelligently.

~ HENRY FORD

September 6–7

*Nothing is a waste of time if
you use the experience wisely.*

~ Auguste Rodin



September 8

Think About
Your Hidden Talents

How has a failure or setback helped you develop a talent? Perhaps losing a job sent you back to school, where you discovered a passion for art. Or an illness helped you learn to stand up for your needs. Reflect on and appreciate the talents that you've mined from life's challenges.

September 9–10

Every noble work is at first impossible.

~ Thomas Carlyle

September 11–12

Great minds have purposes;
others have wishes.

~ Washington Irving

September 13–14

You have to participate relentlessly in
the manifestation of your own blessings.

~ Elizabeth Gilbert

SEPTEMBER 15

PURPOSE TIP

Do It for You

Living with purpose means that neither praise nor blame controls you. Therefore, the things you do only for praise or give up on when the going gets tough are probably out of alignment with your true values. As you go through your day, be aware of what things you would keep doing, no matter what. Write a few of them down to appreciate what truly matters to you.

SEPTEMBER 16–17

Although the world is full of suffering,
it is also full of overcoming it.

~ HELEN KELLER

SEPTEMBER 18-19

Don't find fault, find a remedy.

~ HENRY FORD

September 20

TRY THIS

See Yourself Through Another's Eyes

Interview five (yes, five) people you trust—by email, by phone, or in person. Ask them: What do you count on me for? Where and when do I seem most passionate? What do I bring to your life? Doing this may make you squirm and blush, but it will reveal gifts you might not otherwise see. Appreciate yourself reflected in the eyes of those who know you best.

September 21–22

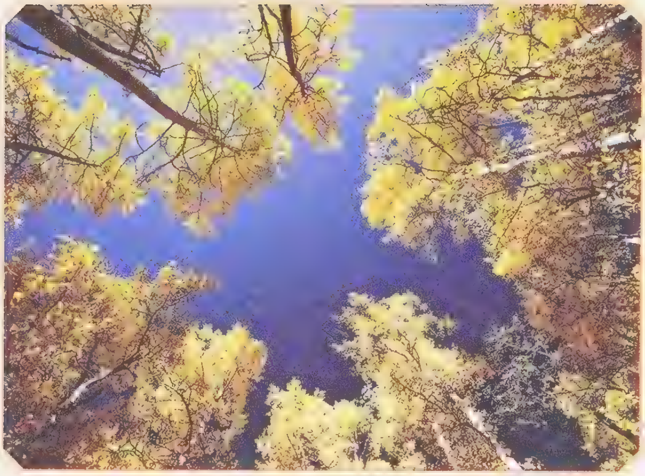
The only source of knowledge is experience.

~ Albert Einstein

September 23–24

Inspiration usually comes during work,
rather than before it.

~ Madeleine L'Engle



September 25–26

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.

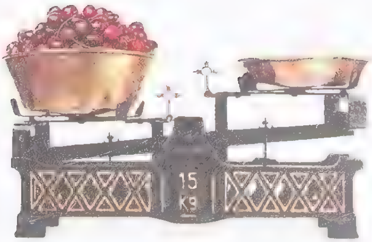
Elisabeth Kübler-Ross

September 27

THINK ABOUT

The Perks of Living Purposefully

What do you get out of living in alignment with your values? Think back to the last time you said no because the project in question wasn't a fit for you, or when you worked hard on a project simply because you were passionate. What were the benefits to making that hard decision or creating that project? Describe how you felt—proud, energized, at peace? Making this list will remind you that living by what you treasure is well worth the effort.



September 28

PURPOSE TIP

Play the Long Game

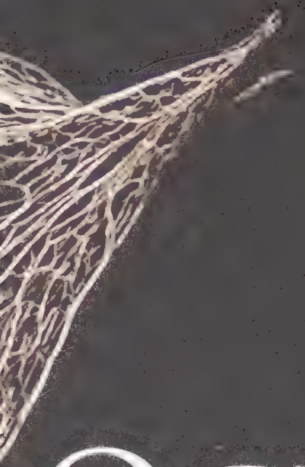
Living by your values is a time-honored way of finding greater purpose. But how do you remember your values when you're under stress or when times are tough? Ask yourself these two questions: *Who do I want to be right now? What do I want to be remembered for?*

The first question will remind you of your best self—the one we can all easily forget when we're rushed, tired, or angry. The second question will point you toward the future: After the stressful day is over, what do you want others to remember about their interactions with you? Play with these two questions and see if they leave you feeling more fulfilled.

SEPTEMBER 29–30

Always bear in mind that your own resolution to succeed is more important than any other.

~ Abraham Lincoln



OCTOBER

Fulfillment

October 1

FULFILLMENT TIP

Set the Standard

If you don't declare what fulfills you, you will never be fulfilled. This applies to all issues, large and small: travel, work, weeding the garden. If your satisfaction depends on other people's opinions or values, you'll never be at peace. Consider what's right for you. This doesn't mean avoiding big goals; instead, focus on the goals that depend only on you. Take small steps to achieve them—starting now!

OCTOBER 23

The grand essentials of happiness are:
something to do, something to love,
and something to hope for

ALEXANDER CHALMERS

OCTOBER 4–5

You can never really live anyone else's life,
not even your child's. The influence
you exert is through your own life,
and what you've become yourself.

ELEANOR ROOSEVELT

October 6–7

Health is the finest possession. Contentment is the ultimate wealth. Trustworthy people are the best relatives. Unbinding is the supreme ease.

~ Buddha

October 8

TRY THIS

Embrace the New Normal

Fulfillment can be elusive when you keep waiting for your life to get back to "normal." As in, "I'll get back to eating healthy when things settle down," or "I'll tackle that project once everything else is in order." Yet often, "normal" never arrives—or at least, not for very long. Ask yourself, What action would I take on one of my goals if my life was "normal" right now? Write down the possibilities. Be open to surprise.

October 9–10

When we cannot find contentment in ourselves,
it is useless to seek it elsewhere.

~ François de la Rochefoucauld

OCTOBER 11–12

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

~ ALBERT CAMUS

October 13–14

Anything you're good at contributes to happiness.

~ Bertrand Russell

October 15

THINK ABOUT

Corking the Drain

Contentment can leak away through unfinished projects, unresolved conversations, and niggling habits. But plugging the drain of your well-being isn't as difficult as you may imagine, and the payoff can be astonishing. List ten of your biggest "contentment drains." Be gently honest about what's depleting your satisfaction, and name one small step you will take to eliminate each concern. Do one right now.

October 16–17

If you always do what interests you,
at least one person will be pleased.

~ Katharine Hepburn

October 18–19

One of the secrets of a happy life
is continuous small treats.

~ Iris Murdoch

OCTOBER 20–21

Human happiness and human satisfaction must ultimately come from within oneself.

~ DALAI LAMA

OCTOBER 22

FULFILLMENT TIP

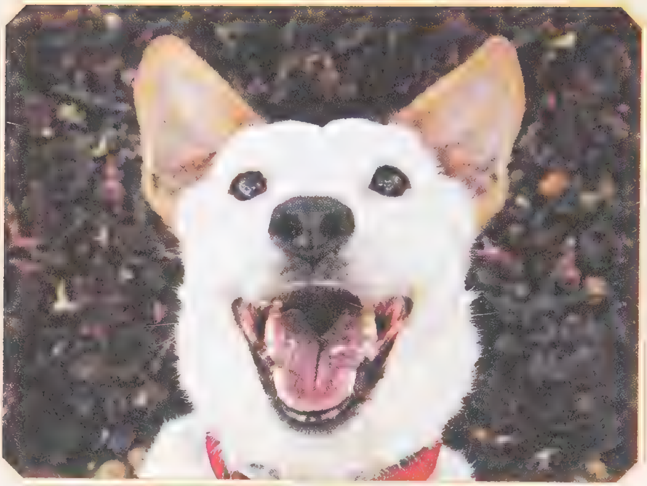
Engage Your Senses

You can increase your happiness when you pause to savor good moments using all of your senses. Focus on smelling, tasting, touching, and luxuriating in what's delightful. Linger in the warmth of a hug. Notice the texture of the first bite of a crisp apple. Bask in the adoration in your pet's eyes. For 30 seconds, relish your pleasure. Every time you do this, you are literally wiring your brain for greater joy.

OCTOBER 23–24

One cannot collect all the beautiful shells on the beach. One can collect only a few, and they are more beautiful if they are few.

~ ANNE MORROW LINDBERGH



OCTOBER 25–26

Now and then it's good to pause in our pursuit of happiness and just be happy.

GUILLAUME APOLLINAIRE

October 27–28

People tend to think that happiness is a stroke of luck, something that will descend like fine weather if you're fortunate. But happiness is the result of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it.

—Elizabeth Gilbert

October 29

TRY THIS

Meet Your Future Wise Self

Imagine yourself 20 or more years from now. During those intervening years you have grown tremendously—you've worked hard to learn and change, pursuing a path that gives you great pride.

Close your eyes and envision this future self. What do you look like? How do you spend your days? Write down what advice, wisdom, and clarity the grown-up you might offer the younger you today. Post this note where you can see it often.

October 30–31

Don't wait around for other people
to be happy for you. Any happiness you get,
you've got to make yourself.

~ Alice Walker

November

Wisdom

November 1

WISDOM TIP

Decide With Confidence

If self-trust is the precursor to living your "one wild and precious life" (as the poet Mary Oliver put it), then trying to do it right is the precursor to living an empty life—a life that is not yours. Foster self-trust at decision moments by asking, "What do I know?" Give your inner voice a chance *before* you look for the "right" way or ask a friend. Forget about what you think you *should* do and consider what's important to you. Therein lies your most precious wisdom.

November 2–3

The most common way people give up their power is by thinking they don't have any.

~ Alice Walker

NOVEMBER 4–5

Self-pity in its early stages is as snug as a feather mattress. Only when it hardens does it becomes uncomfortable.

– MAYA ANGELOU

NOVEMBER 6–7

The human race has one really effective weapon,
and that is laughter.

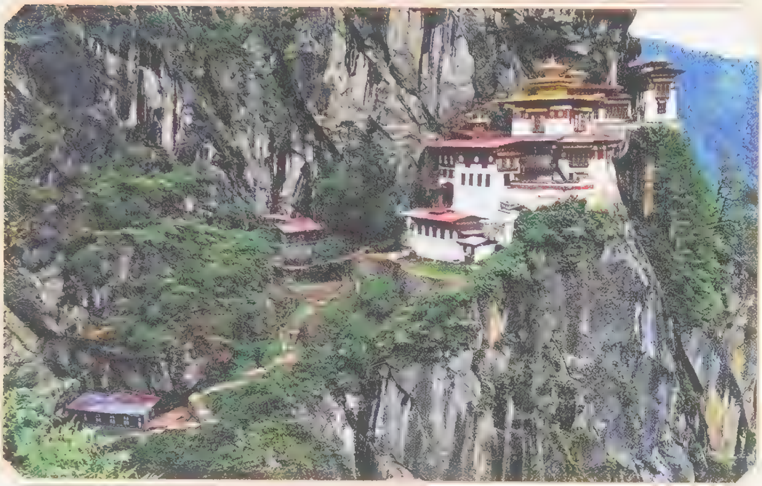
~ MARK TWAIN

November 8

THINK ABOUT

Big Dreamers

What people do you admire for making their dreams a reality? Begin a list. Include people you know (your aunt Sarah, your seventh grade English teacher) and icons you admire (Rosa Parks, Eleanor Roosevelt). Next to each name, note one way the person realized her or his goals. Don't worry about the facts; what matters is what inspires you. Now write your own dream-to-reality action plan.



NOVEMBER 9–10

It is good to have an end to journey towards;
but it is the journey that matters, in the end.

~ URSULA K. LE GUIN

November 11-12

Look on every exit as being an entrance somewhere else.

- Tom Stoppard

November 13–14

Things are always in transition.
Nothing ever sums itself up
the way we dream about.

Pema Chödrön

November 15

TRY THIS

Share Your Miracle Story

It's commonly noted that change is difficult, that we resist it, and that it only happens in small increments. That's often true. And yet we all have a story or two of a change that was easy, even miraculous. "I suddenly started loving to exercise and now rarely miss a day," or "One day, I knew it was time to quit that job—and boom! I did." What is your story of seemingly miraculous change? Describe the "aha" moment and remember how it felt to be free. If you can't think of one, imagine the miracle change you want right now. Invite it through your imagination.

November 16–17

Sleep is the best meditation.

~ DALAI LAMA ~

November 18–19

*Our perfect companions never
have fewer than four feet.*

COLETTE

NOVEMBER 20–21

Everyone chases after happiness,
not noticing happiness is right at their heels.

~ BERTOLT BRECHT

November 22

WISDOM TIP
Make Lemonade

Your unfulfilled desires can resurface in the form of resentment and frustration. Is it possible you desire more rest or need to put more energy into your own unrealized dream? Are you jealous of a friend's lovely home? Is it time to de-clutter, eat on your good china, or paint the living room? Summon the courage to peer at your envy. You may find vital insights into what you need more of in your life.

NOVEMBER 23–24

The body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor.

~ MARTHA GRAHAM

NOVEMBER 25–26

It's easy to be heavy: it is hard to be light.

- G. K. CHESTERTON

November 27

[illegible]

Gratitude Garb

Compose a gratitude list about your body by naming what you've been privileged to enjoy, experience, and create because of it. Thank your hands for all they have allowed you to touch, your eyes for the wonders you've seen, and your heart for the enormous range of emotions you've felt. Include the parts of your body you tend to judge harshly or that don't always work the way you wish they did. Dress yourself in gratitude.

November 28

WISDOM TIP

Celebrate Your Brilliance

Everyone is wise in his or her own way; there is no one-size-fits-all definition of wisdom. Consider your particular style: Are you great at sensing whether someone is trustworthy? Do you always know exactly what gift to give or book to recommend? Maybe your wisdom comes in sifting through tons of information and making a reasoned decision or in helping others resolve conflicts. Today, observe and honor your unique kind of intelligence. In doing so, you'll naturally value it—and yourself—much more.

November 29–30

Happiness often sneaks in through a door
you didn't know you left open.

~ John Barrymore

December

Faith

December 1

FAITH TIP

Become Your Biggest Champion

Faith flourishes when you make a conscious decision to resist fear and take charge of your own life. When you declare, "I trust myself to handle what life brings. I trust myself to learn as I go," it becomes easier to take risks and handle disappointments and loss. On the other hand, judging yourself too harshly and expecting perfection stifles growth. Be your own biggest champion by taking full responsibility for your choices and forgiving yourself when you make a mistake. You might find that your faith expands, too.

December 2–3

The most beautiful thing we can experience
is the mysterious. It is the source
of all true art and science.

~ Albert Einstein

December 4–5

Believe that your life is worth living,
and your belief will help you create the fact.

~ William James

December 6

TRY THIS

Trust in Your Experiences

Faith and trust are forged in moments of experience: sometimes beautiful, like falling in love, and sometimes heartbreaking, like losing someone who matters. These experiences help you touch something that builds your faith—in others, in yourself, and in life itself.

What experiences have helped you grow your faith? What did that maturing faith bring? It may help to think back to high and low moments in your past.

December 7

TRY THIS
Love Your Doubts

Faith needs doubt to grow strong. Blind faith, or simply believing what you are told, is plain dangerous. When has exploring doubts and asking hard questions developed your commitment and confidence? Is there a situation in your life right now where testing your assumptions could be empowering?

December 8–9

You must not abandon the ship in a storm because you cannot control the winds. . . . What you cannot turn to good, you must at least make as little bad as you can.

~ Thomas More

December 10 – 11

Faith is the bird that feels the light and sings
when the dawn is still and dark.

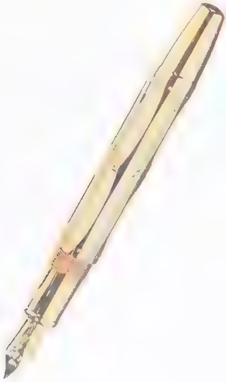
~ Rabindranath Tagore

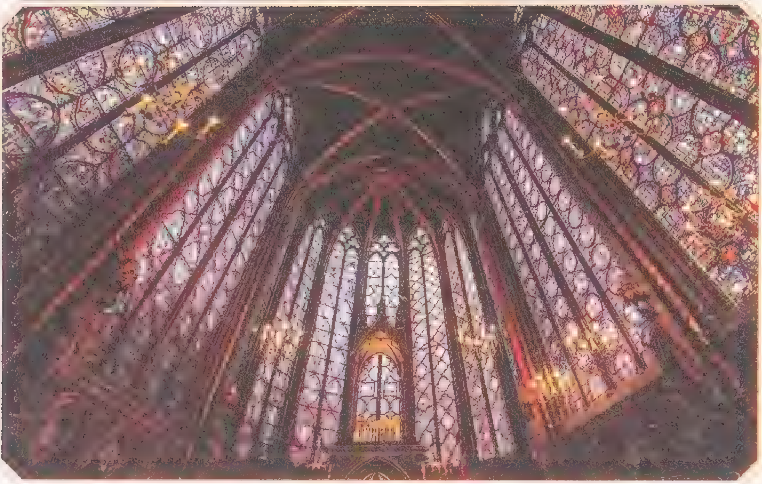
December 12

FAITH TIP

Write a Better Story

When you're feeling stuck—say about making exercise a regular part of your life—try this: Write a better story. First jot down what you have been doing in the third person. For example, "She thinks about going to the gym almost every day. She checks her email instead." Put this story aside for one day. Next, write the better story—the story you truly want to be living—also in the third person. Read it first thing every morning for a week. Notice what happens.





December 13–14

Faith is knowledge within the heart
beyond the reach of proof.

Kahlil Gibran

December 15–16

Gratitude is the fairest blossom
from which springs the soul.

~ Henry Ward Beecher

December 17-18

Reason is our soul's left hand, faith her right
By these we reach divinity.

~ John Donne

December 19

THINK ABOUT . . .

Faith in Your Gifts

Create a list of your most overlooked
or downplayed accomplishments.
You may need to ask family and friends.
Self-acknowledgment leads to greater
confidence but only if you take the time
to lovingly witness your own story.
Write your song of praise.

December 20

TRY THIS
Share Your Faith

Consider what you have faith in: the power of healthy food to heal, the power of love to inspire change, your ability to listen compassionately. Next, brainstorm a simple way to share your faith: teach a cooking class, volunteer at a senior care center, invite a friend on a weekly stroll, mentor a struggling student. Do this in honor of all that you believe.

December 21–22

When we do the best that we can,
we never know what miracle is wrought
in our life, or the life of another.

—Helen Keller

December 23–24

Faith is not something to grasp;
it is a state to grow into.

~ Mahatma Gandhi

December 25

FAITH TIP

Accept Support

Notice what you are sitting or lying against right now. Relax into the support. Take a full breath and on the exhale, release any tension you may be holding. Notice the present truth: You are supported—literally by the chair, for instance, but also by your friends, your family, and most of all, your own hard-earned wisdom. Relax into the support that is always there for you and savor the feeling of being held.

DECEMBER 26

TRY THIS

A Year in Review

Read over your entries in this journal, jotting down key insights from this time of learning. Take stock of where your inner wisdom expanded the most, along with your courage and your ability to realize your dreams. Create a map of celebration and remembrance to guide you into the new year.

December 27–28

Anything that is of value in life
only multiplies when it is given.

– Deepak Chopra

DECEMBER 29–30

The only faith that wears well and holds its color in all weathers is that which is woven of conviction and set with the sharp mordant of experience.

~ JAMES RUSSELL LOWELL

December 31

THINK ABOUT . . .

Self-Care Minimums

Skip making resolutions for the new year and instead make a list of what you need to stay healthy and in touch with yourself. Not because you will be able to achieve everything, but because naming these needs will help you recognize when you are—and aren't—getting the minimum you need to be good to yourself. Those self-care essentials might include time to write in your journal, eight hours of sleep, two weekend getaways with girlfriends a year—whatever matters to you. Sometimes we think we need to change our entire lives when maybe all we need is a half hour alone with a journal and a pen. Please take good care of your precious self.

Acknowledgments

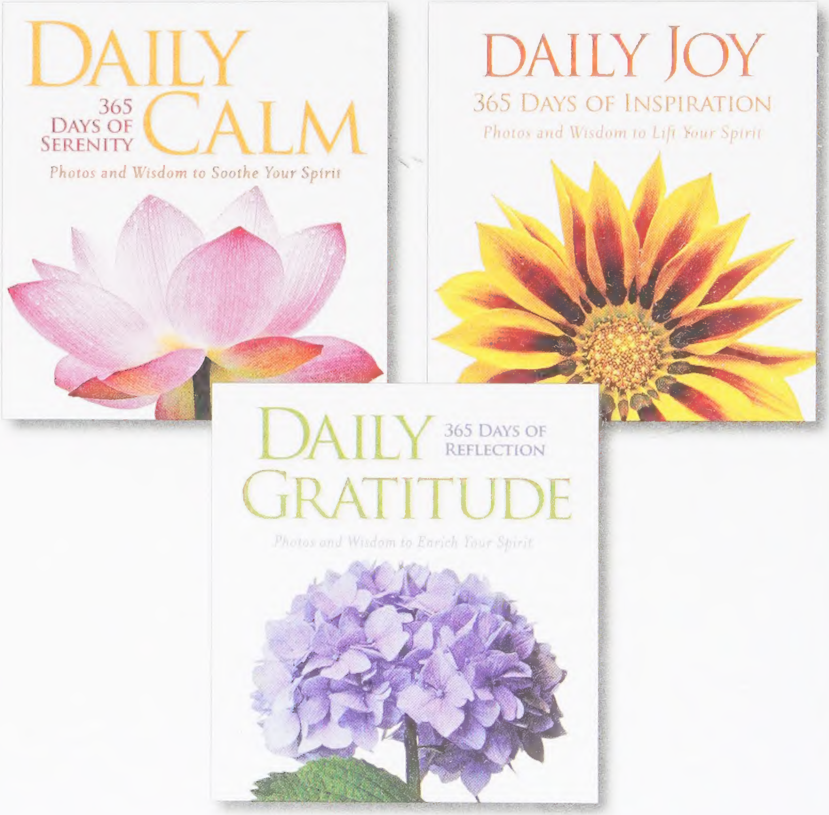
Thanks to the generous and smart Janet Goldstein, the patient and lovely Hilary Black, and the kind and clever Anne Smyth; to the brilliant art team, Melissa Farris, Nancy Marion, and Katie Olsen; to all the incredible thinkers and teachers whose quotes bring wisdom to this book; and especially to the photographers whose images illuminate these pages, helping us love this amazing world and ourselves even more.

Illustrations Credits

Front Cover, [illegible]/iStockphoto. Back Cover, [illegible] Photography/Shutterstock. 2-3, Jeja/iStockphoto. 5, Hong Vo/Shutterstock. 7, ganache/iStockphoto. 8, GlobalP/iStockphoto. 10-11, brozova/iStockphoto. 12, stockcam/iStockphoto. 13, Dan Price/National Geographic Your Shot. 13 (background), [illegible]/iStockphoto. 14, Helen Dittrich/National Geographic Your Shot. 15, [illegible]/iStockphoto. 16, [illegible]/Shutterstock. 17, Cathy Stancil/National Geographic Your Shot. 18, Phil Schermeister. 19, scorpp/iStockphoto. 20, [illegible]/iStockphoto. 21, [illegible]/iStockphoto. 22, Camilo Torres/Shutterstock. 23, Freer/Shutterstock. 24, tiler84/iStockphoto. 25, [illegible] Guo/Shutterstock. 26, James L. Amos. 27, Vasko/iStockphoto. 28, [illegible]/iStockphoto. 29, [illegible]/iStockphoto. 30, John Warden/Alaska Stock/National Geographic Creative. 31, K. [illegible] Photography/Shutterstock. 32-33, [illegible]/iStockphoto. 35, Jamie Urban/National Geographic Your Shot. 36, [illegible]/Shutterstock. 37, [illegible]/iStockphoto. 38, [illegible]/iStockphoto. 39, [illegible]. 40, [illegible]/iStockphoto. 41, AlexRaths/iStockphoto. 42, ImageZoo/Corbis. 43, Marcus Lindstrom/iStockphoto. 44, [illegible]/iStockphoto. 45, portokalis/iStockphoto. 46, [illegible]/Shutterstock. 47, Matt Champlin/National Geographic Your Shot. 48, Steve [illegible]/National Geographic Your Shot. 49, [illegible]/Shutterstock. 50, Africa Studio/Shutterstock. 51, George Grall/National Geographic Creative. 52-53, Jeja/iStockphoto. 54, [illegible]/Shutterstock. 55, Gualberto Becerra/Shutterstock. 56, [illegible]/Shutterstock. 57, [illegible]/iStockphoto. 58, [illegible]/iStockphoto. 60, [illegible]/iStockphoto. 61, [illegible]/iStockphoto. 62, [illegible]/iStockphoto. 63, Sara Winter/iStockphoto. 64, Siddhartha Saha/National Geographic Your Shot. 65, [illegible]/iStockphoto. 66, [illegible]/Shutterstock. 67, [illegible]/Shutterstock. 68, Steven [illegible]/National Geographic Your Shot. 69, [illegible]/iStockphoto. 70, [illegible]/iStockphoto. 71, [illegible]/Shutterstock. 72-73, [illegible]/iStockphoto. 74, [illegible]/iStockphoto. 75, [illegible]/iStockphoto. 76, [illegible]/Shutterstock. 77, [illegible]/National Geographic Your Shot. 78, [illegible]/iStockphoto. 79, [illegible]/iStockphoto. 80, Linda Drake/National Geographic Your Shot. 81, [illegible]/Shutterstock. 82, [illegible]/Shutterstock. 83, [illegible]/iStockphoto. 84, [illegible]/Shutterstock. 85, [illegible]/Dreamstime.com. 86, [illegible]/iStockphoto. 87, [illegible]/Shutterstock. 88, [illegible]/Shutterstock. 89, [illegible]

iStockphoto; 91, April Moore/National Geographic Your Shot; 92-93, Frank Leung/iStockphoto; 94, Visun Khankasem/123RF; 95, Arpad Benedek/iStockphoto; 96, goinyk/iStockphoto; 97, David S. Boyer; 99, George Grall/National Geographic Creative; 100, Wendy Meder/Shutterstock; 101, viviamo/iStockphoto; 102, Yuriy Boyko/Shutterstock; 103, Melissa Farlow; 104, Carsten Peter; 105, Hintau Aliaksei/Shutterstock; 107, Jan Vermeer/Foto Natura/Minden Pictures/National Geographic Creative; 108, Stephen L. Alvarez; 109, AnsonLu/iStockphoto; 110, Mega Pixel/Shutterstock; 111, Lisa S./Shutterstock; 112-113, chainarong/Shutterstock; 115, Sinelyov/Shutterstock; 116, Anna Yakimova/123RF; 117, Yasonya/iStockphoto; 118, fractul/Shutterstock; 119, Alexander Potapov/Shutterstock; 120, Mrs_ya/Shutterstock; 121, Alexa Hoffman/National Geographic Your Shot; 122, kfletcher/iStockphoto; 123, Richard Confucius/National Geographic Your Shot; 124, wandee007/Shutterstock; 125, haveseen/iStockphoto; 126, kudrashka-a/Shutterstock; 127, carterdayne/iStockphoto; 128, digifuture/123RF; 129, janrysavy/iStockphoto; 130, dancestrokes/iStockphoto; 131, Debasish Ghosh/National Geographic Your Shot; 132-133, Design Pics Inc./National Geographic Creative; 135, OGphoto/iStockphoto; 136, Marie Marthe Gagnon/National Geographic Your Shot; 137, J. Palys/Shutterstock; 138, indigolotos/Shutterstock; 139, Keneva Photography/Shutterstock; 140, vanbeets/iStockphoto; 141, Jure Porenta/Shutterstock; 142, kosmos111/Shutterstock; 143, Vibe Images/Shutterstock; 144, DanielPrudek/iStockphoto; 145, urbancow/iStockphoto; 147, Noppasin/Shutterstock; 148, Tanya Puntti/Shutterstock; 149, James P. Blair; 150, Hoberman Collection/Corbis; 151, Natapong Paopijit/Shutterstock; 152-153, Jason Edwards/National Geographic Creative; 154, mladn61/iStockphoto; 155, majorosl/iStockphoto; 156, Frans Lanting/National Geographic Creative; 157, magnetcreative/iStockphoto; 158, Roel Smart/iStockphoto; 159, Keren Su/Corbis; 160, Bill Knudsen/National Geographic Your Shot; 161, silky/Shutterstock; 162, Floortje/iStockphoto; 163, Angela Boelman/National Geographic Your Shot; 164, ewg3D/iStockphoto; 165, ElementalImaging/iStockphoto; 167, Peter Mukherjee/iStockphoto; 168, HowenSia/iStockphoto; 169, Lorne Rossman/National Geographic Your Shot; 170, Ljupco Smokovski/Shutterstock; 171, Bob McCarthy/National Geographic Your Shot; 172-173, Hanze/Shutterstock; 174, Valeriy Lebedev/Shutterstock; 175, Brian Valente/National Geographic Your Shot; 176, audriusmerfeldas/iStockphoto; 177, Rob Wilson/Shutterstock; 178, VikaRayu/iStockphoto; 179, Jorg Hackemann/Shutterstock; 180, pr2is/Shutterstock; 181, Fedor Selivanov/Shutterstock; 182, masaltof/iStockphoto; 183, Kushch Dmitry/Shutterstock; 184, ajafoto/iStockphoto; 185, jocic/iStockphoto; 186, xalanx/iStockphoto; 187, syolacan/iStockphoto; 188, George F. Mobley; 189, Dimitar Sotirov/Shutterstock; 191, BlueOrange Studio/Shutterstock; 192-193, George Hatzipantelis/National Geographic Your Shot; 194, SasinT/Shutterstock; 195, Jodi Cobb/National Geographic Creative; 196, Michael Nichols; 197, arzisamui/iStockphoto; 198, GeorgePeters/iStockphoto; 199, Linda Genovese/National Geographic Your Shot; 200, Dmitry Bruskov/Shutterstock; 201, Marco Ubana/Shutterstock; 202, ConstantinosZ/iStockphoto; 203, TravnikovStudio/Shutterstock; 204, clearimages/Shutterstock; 205, Dmitrij Skorobogatov/Shutterstock; 206, Africa Studio/Shutterstock; 207, Borut Trdina/iStockphoto; 208, Jacqueline Abromeit/Shutterstock; 209, aloha_17/iStockphoto; 210, GlobalP/iStockphoto; 211, Oleg Kozlov/Shutterstock; 212-213, artephotos/Shutterstock; 214, Diana Taliun/Shutterstock; 215, claudiobaba/iStockphoto; 216, Luca Tettoni/Corbis; 217, Paul Borhaug/National Geographic Your Shot; 218, AN NGUYEN/Shutterstock; 219, Photopictures/Shutterstock; 220, dlewis33/iStockphoto; 221, Deborah Lee/National Geographic Your Shot; 223, Gunhild Andersen/National Geographic Your Shot; 224, James L. Amos/National Geographic Creative; 225, Holly Kuchera/iStockphoto; 226, Iryna Denysova/Shutterstock; 227, mehmetcan/Shutterstock; 228, Michael Nichols; 229, esolla/iStockphoto; 231, LM-Photo/iStockphoto; 232-233, Zoltan Kenwell/National Geographic Your Shot; 235, Tyson Fisher/National Geographic Your Shot; 236, InnaFelker/Shutterstock; 237, thatcloudthere/iStockphoto; 238, YuenWu/iStockphoto; 239, K.Narloch-Liberra/Shutterstock; 240, David Alan Harvey/National Geographic Creative; 241, Hugh Threlfall/Alamy; 242, tjwvandongen/Shutterstock; 243, Lynn Whitt/Shutterstock; 244, cavefish/iStockphoto; 245, unclepepin/Shutterstock; 246, JIANG HONGYAN/Shutterstock; 247, Emily Curtin Phillips/National Geographic Your Shot; 248, Hydromet/iStockphoto; 249, Atiketta Sangasaeng/Shutterstock; 250, Lew Robertson/Corbis; 251, YinYang/iStockphoto; 252, Narong Rattanaya/National Geographic Your Shot; 253, epantha/iStockphoto.

READ. BREATHE. LAUGH.



Experience all of life's pleasures with Daily Joy, Daily Calm, *and* Daily Gratitude. *In these elegant books, 365 days of stunning photographs are paired with meaningful reflections that will uplift and nurture you every day of the year.*

AVAILABLE WHEREVER BOOKS ARE SOLD

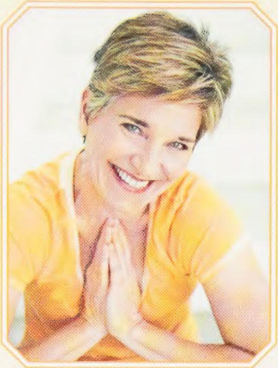
nationalgeographic.com/ books

NATIONAL GEOGRAPHIC

Like us on Facebook: Nat Geo Books

Follow us on Twitter: @NatGeoBooks

© 2014 National Geographic Society



Darrah Parker

JENNIFER LOUDEN is a personal growth pioneer and author of six books on well-being and whole living, including *The Woman's Comfort Book* and *The Life Organizer,* which have inspired more than a million women in nine languages. Louden has spoken around the world on self-care, written a national magazine column for Martha Stewart's *Body & Soul,* and sat on Oprah's couch talking about the power of retreats. Learn more at *JenniferLouden.com.*

Published by the National Geographic Society
1145 17th Street N.W.
Washington, D.C. 20036-4688 U.S.A.

www.nationalgeographic.com/books

Like us on Facebook: Nat Geo Books

JACKET DESIGN: Jonathan Halling/Melissa Farris

FIND HAPPINESS YOUR WAY

Invite more happiness into your world with this inspiring journal, which offers a day-by-day approach to a more fulfilling life. Insightful quotations, easy-to-follow exercises, and space to record your thoughts will allow you to savor each moment as you explore monthly themes ranging from love and authenticity to perspective and wisdom. Filled with exquisite photographs, *A Year of Daily Joy* will help you put positivity into practice—and keep your spirits soaring all year long.

• • •

U.S. $16.95 / $19.95 CAN

ISBN: 978-1-4262-1449-3/ Printed in Hong Kong

51695

9 781426 214493